

# SAFER DRUG USE TO HELP PREVENT AGAINST COVID-19

improved hand hygiene  
clean surfaces frequently  
better drug safety

## COVID-19: HARM REDUCTION GUIDANCE FOR PEOPLE WHO USE DRUGS

Clean surfaces used to prepare drugs with disinfecting wipes.

If you smoke heroin, do not share or re-use foils.

Avoid dabbing drug powder from stash bags and wash hands before each dab.

**Wash your hands** with soap and water for at least 20 seconds before and after you handle, prepare, or take your drugs

For snorting drugs (e.g., drugs that are inhaled) crush your drug properly to prevent risk of bleeding and damage to your nostrils. **Do not share snorting equipment.**

Do not use or share paper bills, spoons, and keys to snort your drugs as they are unclean, instead use a clean straw or a clean rolled up piece of paper.

Smoking drugs can make breathing worse, cause pain, shortness of breath, and sneezing. This symptoms may be worse during periods of respiratory infections like COVID-19 and should therefore be avoided.

Stay cool and hydrated by regularly drinking water.

Stock up on your supplies if you have sufficient money in order to avoid problems with potential drug shortages.

Do not share pipes, needles, vapes, nasal tubes, cigarettes, and cannabis.

For individuals on substitution drugs such as methadone maintenance, heroine, and stimulants, ask your doctor if you can be given a 3-month take home prescription.

Reduce physical contact as much as possible including with partners. Avoid hugging, kissing, and shaking hands.

Prepare your drugs yourself and avoid people from doing so for you.

Avoid putting drug bags in your mouth, vagina, or anus.

## OTHER SAFETY MEASURES TO PROTECT YOURSELF AGAINST COVID-19?

Do not travel outside of your community, unless essential.

Maintain 2 metres (6 feet) from people who are ill such as people with cough or fever.

Wash your hands with soap and water for 20 seconds or more. You may also use alcohol containing hand sanitizers – it must contain at least 70% of alcohol.

Cough or sneeze into a tissue or your sleeve. Immediately dispose the tissue into a trash can and wash hands with soap and water.

Do not use substances if feeling sick.

Avoid touching your eyes, nose, and face.



# COVID-19

is an illness caused by a newly identified coronavirus. Symptoms are usually mild and include fever, cough and difficulty breathing. Those who are infected usually recover quickly, but persons with low immunity or older adults experience more severe side effects.

## HOW IS COVID-19 SPREAD?

COVID-19 can be spread through respiratory droplets of sick persons, which may be released when they cough or sneeze. The chances of getting the virus is higher when you are in close contact with someone who has it.

## HOW LONG DOES IT TAKE FOR COVID-19 SYMPTOMS TO SHOW UP?

Symptoms typically take about 2 to 14 days after initial exposure to the virus.

## WHO IS MOST AT RISK OF COVID-19?

People who use opioids or inject drugs.

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Older people.

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Individuals who have existing chronic medical conditions such as Heart Disease, Diabetes, and Lung Disease.

## IF I NOTICE SYMPTOMS OF COVID-19, WHAT SHOULD I DO?

Self-Isolate at home, or if you are homeless and use a shelter, inform the supervisor about the symptoms that you are experiencing and see if you can be isolated.

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Seek medical attention by calling the WECHU at 519-258-2146 ext. 1420 or visit the COVID-19 assessment center at the Windsor Regional Hospital (Ouellette Campus) 1030 Ouellette Avenue.